

The Physical Activity Pyramid

Cut Down On



- Watching TV and videos
- Playing video and computer games
- Sitting for more than 30 minutes

2-3 Times a Week

Leisure & Playtime and Strength & Flexibility



- Miniature golf
- Canoeing
- Swinging
- Tumbling
- Pull-ups/push-ups
- Rope climbing
- Ballet/dance
- Karate



3-5 Times a Week

Aerobic Exercises and Recreational Activities

- Biking
- Swimming
- In-line skating
- Jump rope
- Skateboard
- Running around

At least 20 minutes



- Basketball
- Soccer
- Relay races
- Kickball
- Skiing
- Volleyball



Everyday

As much as possible

- Play outside
- Ride your bike or walk to the store
- Help around the house
- Take the stairs instead of the elevator
- Take your dog or brother/sister for a walk
- Pick up your toys

